

QUESTIONS

1. What is this overall text about? (Summarise in 2 sentences)

2. What is the main idea of the third paragraph?

3. According to the text, what is the best way to understand parkour?

4. Which statement is true? Tick which is true

Parkour started about 10,000 years ago when people needed to run and jump to hunt for their food.

Parkour started because people needed to become better hunters.

Parkour and Kung-Fu are the same thing, because they both involve moving the body.

Parkour is similar to other human activities such as Kung-Fu.

5. What happened in the 1980s and 1990s?

6. Who was Sebastien Foucan?

7. One benefit of doing parkour is that you feel better about yourself. Circle the correct answer.

True

False

Not given in the text



8. This is a central idea of parkour: overcoming obstacles, whether they are mental or physical.

The word they refers to: (circle the correct answer)

Obstacles

humans

tens

9. Its popularity rose in the early 2000s

The word 'its' refers to: (circle the correct answer)

Popularity

this

parkour

subject

10. Which word in the text means 'a group of people interested in the same things'?

Involves

similarities

community

physical

ANSWERS

1. What is this overall text about? (Summarise in 2 sentences)

The text is about the discipline of parkour, how it began and the benefits of it. It also discusses some of the basic moves of parkour.

2. What is the main idea of the third paragraph?

The main idea in the third paragraph is to show a variety of the benefits of taking part in parkour.

3. According to the text, what is the best way to understand parkour?

Watch someone doing it live or watching a video of it

4. Which statement is true? Tick which is true

Parkour started about 10,000 years ago when people needed to run and jump to hunt for their food.

Parkour started because people needed to become better hunters.

Parkour and Kung-Fu are the same thing, because they both involve moving the body.

Parkour is similar to other human activities such as Kung-Fu.

5. What happened in the 1980s and 1990s?

The founders of parkour started to practice it.

6. Who was Sebastien Foucan?

One of the men credited with founding parkour.

7. One benefit of doing parkour is that you feel better about yourself. Circle the correct answer.

True

False

Not given in the text

9. This is a central idea of parkour: overcoming obstacles, whether they are mental or physical.

The word they refers to: (circle the correct answer)

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The word 'its' refers to: (circle the correct answer)

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11. Which word in the text means 'a group of people interested in the same things'?

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